



## *10 Reasons Why*

*These are the 10 reasons why the Venous Disease Coalition wants the general public to know about Venous Disease.*

### 1. Venous Disease is VERY Common

Venous Disease affects more than 25% of the adult U.S. population (more than 50 million people) and includes the following common disorders:

- **Deep Vein Thrombosis** (“DVT”, formation of a blood clot in one or more veins, usually the leg veins), and its complication **Pulmonary Embolism** (“PE”, a DVT which breaks free from its original site in a vein and then travels through the heart into the lungs). These two related conditions are together known as **Venous Thromboembolism** or “VTE”.
- **Varicose Veins, Chronic Venous Insufficiency and Post-Thrombotic Syndrome**

### 2. Venous Disease is a Major Public Health Hazard

- VTE occurs in nearly 1 million Americans every year, many of whom are hospitalized as a result.
- More than 100,000 Americans die of PE every year. Deaths from PE are five times more common than deaths from breast cancer, motor vehicle accidents, and AIDS combined.
- VTE is the 3rd most common vascular disease, after heart disease and stroke. **Unlike those well known disorders, few Americans know what VTE is and how they can protect themselves and their family members from it.**

### 3. Venous Disease Costs the U.S. Over \$1 billion a Year

- Patients with Varicose Veins, Chronic Venous Insufficiency and Post-Thrombotic Syndrome suffer poor quality of life due to chronic symptoms which include leg swelling, heaviness/fatigue, pain, skin infections, and venous leg ulcers (open sores, which occur in about 500,000 Americans).
- The medical treatment and work disability that result cost the U.S. economy well over \$1 billion every year.

### 4. Most Americans are at Risk for Developing VTE

- VTE affects men, women, children, and is more common in the elderly.
- At particularly high risk are people who have had recent surgery, leg injury or major injury to another part of the body; people admitted to the hospital for medical illness; and cancer patients.
- In hospitalized patients, if active prevention efforts are not made, VTE develops in 10–20% of patients with a medical illness and in 30–50% of patients having major surgery.
- In healthy people, about 1 in 10 have a disorder (often inherited) of their blood clotting system which increases their chances of developing VTE in the future.

### 5. VTE is a Threat to Overseas U.S. Military Personnel

- Because soldiers often experience major injuries, immobilization, dehydration, and are subjected to prolonged air travel, they are at increased risk for VTE.